

Adults

Arts/Dance/Enrichment

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes. No class 10/4, 10/13, 11/8, 11/24, 11/29 & 12/1.

Adv. Beginner

Ages: 13+

Course #	Day	Date	Time	Fee (R/NR)
16461	Th	Sep 22-Dec 8	7:45pm-9pm	\$63/\$74

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Advanced

Ages 13+

16459	Tu	Sep 20-Dec 6	6:30pm-7:45pm	\$63/\$74
16460	Th	Sep 22-Dec 8	6:30pm-7:45pm	\$63/\$74

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Ballroom Dance

Even if you think you have 'two left feet' come join us, have fun and be surprised at what you can learn! We will teach you the basic steps in the standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only.

Ballroom Dance Beginner

No class 10/12.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16477	W	Sep 21-Nov 16	7:30pm-8:30pm	\$88/\$104

Instructor: Mola

Location: Ritchie Park Elementary School

Ballroom Dance Intermediate

No class 10/12. Prerequisite: Beginner ballroom dance experience.

Ages: 16+

16478	W	Sep 21-Nov 16	8:30pm-9:30pm	\$88/\$104
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Instructor: Mola

Location: Ritchie Park Elementary School

Belly (Mid Eastern) Dancing

Learn an exciting and ancient dance performed worldwide by men and women. This dynamic and diverse art form incorporates movements from folk, social, and classical traditions of Middle Eastern cultures. Note: Wear exercise apparel, bring a scarf for tying around your hips, and bring ballet slippers or dance in bare feet. Students enrolled in Advanced Beginning must have completed the Beginning course. No class 10/4, 10/13 & 11/24.

Beginner

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16539	Tu	Sep 20-Nov 29	7:30pm-8:30pm	\$72/\$85

Instructor: Salome

Location: Rockville Senior Center

Ages: 14+

16479	Th	Sep 22-Dec 8	7pm-8pm	\$72/\$85
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Instructor: Amara

Location: Twinbrook Community Recreation Center

Advanced Beginner

Ages: 14+

16480	Th	Sep 22-Dec 8	8pm-9pm	\$72/\$85
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Instructor: Amara

Location: Twinbrook Community Recreation Center

Woodworking for Adults *New*

Enjoy an introduction to furniture making. In this hands-on class, learn basic techniques of wood selection, preparation, joinery and finishing.

No class 10/21.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
17058	F	Sep 23-Nov 4	6pm-8pm	\$83/\$98

Instructor: Barrett

Location: Wood World

Conversational Spanish I

This beginner conversational Spanish class will include pronunciation, comprehension and use of short everyday sentences. Emphasis will be on situations encountered by travelers and students in Spanish speaking countries. No class 10/12.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16486	W	Sep 21-Nov 16	7pm-9pm	\$79/\$93

Instructor: Cuesta

Location: Rockville Senior Center

Adults

Conversational Spanish II

This continuation of basic Spanish will offer you an opportunity to further enhance your skills. Emphasis will be on pronunciation and comprehension using simple topics to give students command of idioms and vocabulary.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16485	M	Oct 10-Nov 28	7pm-9pm	\$79/\$93

Instructor: Cuesta

Location: Rockville Senior Center

Cooking - Chocolate Truffles *New*

This sinfully rich dessert always earns 'oohs and aahs' from chocolate lovers, and they are truly easy to make - for fancy dinner-party desserts, for holiday gifts, or just for your own pleasure. Refund requests only considered if received 4 or more days prior to class.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16589	F	Oct 28	7pm-10pm	\$45/\$53

Instructor: Goldstein

Location: Rockville Senior Center

Cooking - Easy as Pie *New*

Pie dough can be intimidating. Let Bruce help you remove the mystique. Learn to make the basic pie dough and the techniques for using them. Taste fresh from the Quiche, Pear Galette and Hot Apple Pie. Refund requests only considered if received 4 or more days prior to class.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16590	F	Nov 4	7pm-10pm	\$45/\$53

Instructor: Goldstein

Location: Rockville Senior Center

Cooking - Flavors of Tuscany *New*

Learn to cook easy menus compiled from Stephen's travels. Enjoy making Jumbo Shrimp in Sherry Sauce, Pan Seared Red Snapper w/ Basil and Citrus and Green Beans w/ Tomatoes and Olives, and Nonna's Chocolate Flan. Note: \$10 food fee payable to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Ages: 21+

Course #	Day	Date	Time	Fee (R/NR)
16586	F	Oct 14	7pm-10pm	\$55/\$68

Instructor: Sands

Location: Rockville Senior Center

Cooking - Knife Skills *New*

Learn the proper way to hold, sharpen, and care for your knives. Discuss the different types of knives and tasks they are best suited for including breaking down a whole chicken. Participants will practice the cuts and proper techniques. Note: Bringing your own knife is optional but encouraged. \$5 food fee due to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16587	F	Sep 16	7pm-10pm	\$40/\$47

Instructor: Ferguson

Location: Rockville Senior Center

Cooking - Napa Valley Style Dinner *New*

Savor the sensual pleasures that marries the rich tradition of Stephen's Italian culinary heritage with the fresh flavors of California's celebrated wine country. Bacon-Wrapped Sea Scallops w/ Citrus-Soy Sauce; Jicama, Fennel, and Apple Salad; Salmon w/ Star Anise-Soy Glaze; Baby Red Potatoes w/ Parsley; Baby Bok Choy, Rice Pudding Brulée w/ Berrie. Note: \$10 food fee to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Ages: 21+

Course #	Day	Date	Time	Fee (R/NR)
16588	F	Sep 30	7am-10pm	\$55/\$65

Instructor: Sands

Location: Rockville Senior Center

Cooking - Perfect Turkey *New*

Learn to make the perfect turkey. We'll make apple stuffing and cranberry confiture to go with it. Come with your questions and leave with the answers to make your holiday dinner perfect. Note: \$5 food fee due to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16591	F	Nov 18	7pm-10pm	\$50/\$59

Instructor: Ferguson

Location: Rockville Senior Center

Crochet for the Beginner

Crochet is a creative, relaxing, portable and productive hobby. Join us and learn basic stitches and skills. Learn about 'gauge,' how to read and customize patterns, and about professional finishing techniques. Start now on a fun item. Crocheted items run the gamut and often are seen in home décor, on newborn and toddlers, and in sweaters and Afghans. Note: Supply list will be mailed prior to the first class.

No class 10/13.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16542	Th	Sep 22-Nov 3	7:30pm-9pm	\$32/\$38

Instructor: Silverberg

Location: Glenview Mansion

Adults

Drawing for the Beginner *New*

By the end of the course, you will be able to 'see' in a whole new way and put what you see on paper. Basic drawing techniques including line, shape, form, space, proportion, composition, and light and shadow will be covered. Note: Supply list will be mailed one week prior to class.

No class 10/12.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16490	W	Sep 21-Nov 16	7pm-9pm	\$96/\$113

Instructor: Siegel

Location: Rockville Senior Center

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Participants will have the opportunity to record a commercial script under the direction of a producer. This informative and fun class is a great first step in learning about professional voice acting.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17002	W	Oct 5	7pm-9:30pm	\$19/\$22

Location: Rockville Senior Center

Hip-Hop Dance for Adults

Hip-Hop dancing is not just for the very young. Adults can benefit from an aerobic workout while learning the latest Hip-Hop dance moves and listening to the sounds of the street. If you've got rhythm and you know what's up (or just interested in knowing), this class is for you! Note: Wear loose fitting clothing and tennis shoes.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16941	F	Oct 7-Nov 11	6:15pm-7:15pm	\$47/\$55

Instructor: TBA

Location: Twinbrook Community Recreation Center

Knitting for Beginners

Learn how to cast on, knit, purl, cast off and follow a simple pattern! Knitting is a great craft and a great stress reliever. Join us for this easy to learn activity and create something all by yourself. Note: \$10 supply fee for basics to get you started payable to the instructor at the first class.

No class 10/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16550	M	Sep 19-Oct 17	6:30pm-8pm	\$21/\$25

Instructor: Bahr

Location: Rockville Senior Center

Knitting: The Next Step

Now that you know how to knit, purl, cast on, and bind off, it's time for the next step! Try lace knitting, cables, pattern stitches, knitting in the round, intarsia (two-color knitting), and more complicated garment construction. Note: Choose a project before class and come with yarn and needles in hand. The instructor will provide individual and class instruction based upon your project.

No class 10/12.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16551	W	Sep 21-Oct 19	6:30pm-8pm	\$21/\$25

Instructor: Bahr

Location: Rockville Senior Center

Line Dancing for All

No experience is necessary. All levels welcome. Just come, join in the fun and get some exercise too! You'll start with the basics and add steps and combinations as we go, including the cha-cha and the electric slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Note: Sneakers or soft-soled shoes required.

No class 10/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16504	M	Sep 19-Nov 14	7pm-8pm	\$51/\$59

Instructor: Cunningham

Location: Ritchie Park Elementary School

Pottery - Introduction to Clay

Plunge your hands in clay. Explore slab, coil and other techniques of hand building. Learn how to use the potter's wheel. Incorporate your interests in the piece or pieces that you create. Note: \$25 supply fee payable to City of Rockville due at first class.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16593	Sa	Sep 17-Nov 5	1pm-3pm	\$96/\$113

Instructor: Sigman

Location: Rockville Senior Center

Watercolor Beginner & Continuing

Learn all about watercolors and how to apply them. Paint both still life and creative works. Become a confident painter, one who takes chances and most importantly, has a good time doing so. Note: Individualized help with brushwork, technique and tools will be offered. Supply list will be mailed prior to first class.

No class 10/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16530	M	Sep 19-Nov 14	7pm-9pm	\$96/\$113

Instructor: Ely

Location: Rockville Senior Center

Adults

Fitness/Wellness

AM Survivor

Wake your body to an energetic, sweat pouring workout for men and women who want something a little different than the average aerobic class. Enjoy a challenging but fun workout that will improve your overall strength and conditioning. Class will be held outdoors. All fitness levels welcome. This class is co-sponsored by Elite Athlete Training Systems, Inc.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16942	Tu & Th	Sep 13-Oct 6	6:30am-7:30am	\$120/\$135

Instructor: TBA

Location: King Farm Park

Back in Action

This active workshop will concentrate on stretching and strengthening the neck and back. Proper sleeping and sitting positions will be discussed. Wear comfortable clothing for exercises and stretches.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17007	W	Oct 26	7pm-8pm	\$11/\$13

Location: Rockville Senior Center

Climbing for Adults - Beginner

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16556	M	Sep 26	7pm-9pm	\$20/\$25
16557	M	Oct 24	7pm-9pm	\$20/\$25
16585	M	Nov 28	7pm-9pm	\$20/\$25

Location: Climbing Gym

Combo Step Aerobics

Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Note: Bring weights and a towel or mat to class.

No class 11/12 or 11/26. Register for three of the following classes and receive a \$7 discount: #16947, #16614, #16628, #17069. Register by mail, fax or in-person.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16614	Sa	Sep 10-Dec 10	9am-10am	\$64/\$75

Instructor: Rourke

Location: Rockville Senior Center

Fantasy Football *New*

Have you ever wanted to be the general manager of your own football team? This is your chance! Using real NFL scheduled games and players, create your own team to compete against other teams to win prizes. An intro night of rules will explain everything.

Sept. 7 is Introduction. Sept. 14 is DRAFT night.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17018	W	Sep 7-14	6pm-8pm	\$52/\$61

Instructor: Healy

Location: Rockville Senior Center

Eat to Prevent Disease

Learn how vegetables, fruits, grains, nuts and seeds are chock full of antioxidant vitamins that protect us in the same way that they safeguard themselves. Find out how to choose foods that enhance your health and help heal if you are sick.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17005	Th	Oct 20	7pm-9pm	\$19/\$23

Location: Rockville Senior Center

Fat Burning Aerobics

Shape up in this new high energy workout that is fun, effective and open to all fitness levels. Just the right intensity will help burn fat and calories to help you look your best. Body toning, stretching, legs and ab exercises will be included. Wear comfortable clothing and bring a water bottle. No class 10/22 & 11/26.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16615	Sa	Sep 17-Dec 3	8:45am-9:45am	\$55/\$65

Instructor: Ponce

Location: Twinbrook Community Recreation Center

Golf - Beginner

Get into the swing of golf and learn proper swing mechanics, golf etiquette and rules. The first class will be held rain or shine. Those owning clubs should bring them. Clubs are provided during class if needed. Call Pro Shop, 240-314-8730. Call weather line at 240-314-5023 for status of class.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16948	W	Sep 14-Oct 12	5:30pm-6:30pm	\$60/\$70

Instructor: Johnson

Location: RedGate Golf Course

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
17022	Sa	Sep 10-Oct 8	1pm-2pm	\$60/\$70

Instructor: Allard

Location: RedGate Golf Course

Adults

Jazzercise

The original dance exercise phenomenon! Each 60 minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. The routines are fun and easy to follow. Bring weights to class.

No class 10/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16949	M	Sep 12-Dec 12	6:30pm-7:30pm	\$78/\$90
16950	W	Sep 14-Dec 14	6:30pm-7:30pm	\$78/\$90

Instructor: Shenk

Location: Julius West Middle School

Kick Boxing

This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout.

No class 10/3.

Ages: 14+

Course #	Day	Date	Time	Fee (R/NR)
16622	M	Sep 12-Dec 5	6:30pm-7:30pm	\$66/\$76

Instructor: Latchinian

Location: Lakewood Elementary School

Dodgeball

Are you ready for some Dodgeball!! Join us for some official National Amateur Dodgeball Association fun. It will be 60 minutes of crazy fun!! All participants will receive the Official LPCC Dodgeball T-shirt at the end of the session

Course #	Day	Date	Time	Fee (M/NM)
17082	Th	Oct 6-Nov 24	7pm-8pm	\$64/\$69

Location: Lincoln Park Community Center

Mama Fit

Enjoy a great workout for you and your baby. Start losing that weight from your pregnancy-physician's approval required. Strengthen your whole body through a variety of exercises. Note: Bring your baby and wear a front carrier so you two can exercises together.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16624	F	Sep 16-Nov 4	11am-12 noon	\$42/\$50

Instructor: Archie

Location: Elwood Smith Recreation Center and Park

T'ai Chi Ch'uan

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17078	W	Sep 14-Nov 16	7:45pm-8:45pm	\$63/\$74

Instructor: Sambuco

Location: Rockville Senior Center

Nia - Movement/Fitness

If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

Ages: 16+

Free Demo class

Course #	Day	Date	Time	Fee (R/NR)
16512	W	Sep 14	6:30pm-7:45pm	No fees

Nia

16540	W	Sep 28-Nov 16	6:30pm-7:45pm	\$65/\$77
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Instructor: Liss

Location: Rockville Senior Center

Pilates

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class. No class 10/12.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16952	W	Sep 14-Oct 26	6:30pm-7:30pm	\$51/\$59
16951	W	Sep 14-Oct 26	7:30pm-8:30pm	\$51/\$59

Instructor: Hallman

Location: Twinbrook Community Recreation Center

16954	Th	Sep 15-Nov 10	9:30pm-10:30pm	\$68/\$80
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Instructor: Thida

Location: King Farm Community Room

Adults

Post Natal Pilates *New*

Get back into shape through this great exercise program. Recreate core strength for toning and higher energy level. Please bring doctor's approval note to first class. No class 10/13.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16955	Th	Sep 15-Nov 10	10:30am-11:30am	\$68/\$80

Location: King Farm Community Room

REP Reebok

Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights are used. Note: Steps are provided.

No class 10/13. Register for three of the following classes and receive a \$7 discount: #16947, #16614, #16628, #17069.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16628	Th	Sep 15-Dec 8	6:15pm-7:15pm	\$64/\$75

Instructor: Quintiere

Location: Rockville Senior Center

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
17069	Tu	Sep 13-Dec 6	6:20pm-7:20pm	\$64/\$75

Instructor: Quintiere

Location: Rockville Senior Center

Self-Defense for Women

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. No class 10/4.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16957	Tu	Sep 13-Nov 22	7:30pm-8:30pm	\$55/\$65

Instructor: Latchinian

Location: World Karate Masters

Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. There is no running or jumping involved. Note: Bring a mat. If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16960	M	Sep 12-Dec 12	10am-11am	\$77/\$90

Instructor: Creamer

Location: F. Scott Fitzgerald

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16961	W	Sep 14-Nov 30	10am-11am	\$66/\$77

Instructor: Creamer

Location: Elwood Smith Recreation Center and Park

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16631	Th	Sep 15-Dec 8	6:30pm-7:30pm	\$60/\$70

Instructor: Creamer

Location: Elwood Smith Recreation Center and Park

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16632	F	Sep 16-Dec 9	10am-11am	\$66/\$77

Instructor: Creamer

Location: F. Scott Fitzgerald

Soccer for Adults *New*

Don't be caught on the sidelines. Come join the fun! Improve physical fitness, relieve stress and make friends while you play. Class consists of small scrimmages on reduced field sizes focusing on skills, strategy, and teamwork. This class is for all fitness and skill levels. Class size is limited, so hurry! Wear cleats, shin guards, and bring a water bottle.

No class 10/13.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17017	Th	Sep 15-Oct 27	6:15pm-7:15pm	\$52/\$61

Instructor: O'Hara

Location: King Farm Park

Step Aerobics

For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. Recommended for intermediate and advanced levels.

No class 10/4. Register for any three of the following classes and receive a \$7 discount: #16947, #16614, #16628, #17069.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16947	Tu	Sep 13-Dec 6	5:30pm-6:15pm	\$64/\$75

Instructor: Quintiere

Location: Rockville Senior Center

Stroll and Tone - Mom and Baby

You're tired! But you can do it, Mom! Exercise outdoors with a personal trainer whose specialty is to help moms lose their pregnancy weight. In this intense workout, stretch, power walk, tone and sweat. All you need to bring is your baby/toddler in a stroller and a towel or mat. Call the weather line at 240-314-5023 for status of class if weather is questionable.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16963	F	Sep 16-Nov 4	10am-11am	\$99/\$114

Instructor: Karabaic

Location: Welsh Park

Adults

Supplementing Sensibly

Confused about which vitamins, minerals, herbs, and related dietary supplements to take or don't even know where to begin? Let the nutritionist, a registered dietitian, help you design a supplement plan that is right for you. Bring your supplements with you to address specific questions you may have.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17001	Th	Oct 6	7pm-9pm	\$21/\$24

Location: Rockville Senior Center

Tae Kwon Do

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do.

No class 10/13 or 11/24.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16642	Th	Sep 15-Dec 1	8pm-9pm	\$55/\$65

Instructor: Latchinian

Location: World Karate Masters

Tennis for Adults - Adv. Int.

For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals for doubles, alternate formations in doubles and attacking volleys are taught. (NTRP rating 3.5-4.0). Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

No class 10/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
17013	M	Sep 12-Oct 24	6pm-6:50pm	\$54/\$63

Instructor: Prassert

Location: Dogwood Park

Ages: 16+

16643	Sa	Sep 17-Oct 8	9am-10:30am	\$46/\$53
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Instructor: Zatman

Location: Broome Gym and Athletic Park

Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring are taught. Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16645	Sa	Sep 10-Oct 22	10:30am-11:20am	\$63/\$73

Instructor: Estrada

Location: King Farm Park

No class 10/4

Ages: 16+

16644	Tu	Sep 13-Oct 25	6:30pm-7:20pm	\$54/\$63
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Instructor: Estrada

Location: Broome Gym and Athletic Park

No class 10/12

Ages: 16+

17014	W	Sep 14-Oct 26	5:30pm-6:20pm	\$54/\$63
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Instructor: Parrish

Location: Woodley Gardens Park

Tennis for Adults - Intermediate

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy in singles and doubles are taught. (NTRP Rating 3.0-3.5) Note: Bring a racquet; balls are provided. Call the weather line at 240-314-5023 for status of class. No class 10/3 and 10/12.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16646	M	Sep 12-Oct 24	7pm-7:50pm	\$54/\$63

Instructor: Prassert

Location: Dogwood Park

Ages: 16+

17015	W	Sep 14-Oct 26	6:30pm-7:20pm	\$54/\$63
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Instructor: Parrish

Location: Woodley Gardens Park

Tennis for Adults - Novice

For players who have a fundamental knowledge of tennis and are familiar with grips and strokes. This player has difficulty sustaining a rally and cannot control the ball consistently. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. No class 10/4.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16648	Sa	Sep 10-Oct 22	9:30am-10:20am	\$63/\$73

Instructor: Estrada

Location: King Farm Park

Ages: 16+

16647	Tu	Sep 13-Oct 25	7:30pm-8:20pm	\$54/\$63
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Instructor: Estrada

Location: Broome Gym and Athletic Park

Adults

Ultimate Frisbee *New*

Join this fast paced game that combines soccer, basketball, American football and netball. This non-contact team sport will teach you new skills, improve your physical fitness and allow you to meet new people.

No class 10/13.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17019	Th	Sep 15-Oct 27	6pm-7pm	\$52/\$61

Instructor: Healy

Location: Montrose Community Center

Understanding and Managing Stress

Even when life appears to be going well, stress can build up, wearing down even the healthiest among us. This holistic approach of stress management can easily be integrated into your everyday life. Various stress reduction techniques and a model for discovering and dismantling your triggers for stress will be explored.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
17006	M	Sep 12	7:30pm-9pm	\$10/\$12

Location: Rockville Senior Center

Yoga - Beginner and Continuing

Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block-release movements. Note: All levels are welcome. Bring a sticky mat and blanket.

No class 10/4 & 11/8.

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
16532	Tu	Sep 20-Dec 13	6:30pm-7:30pm	\$88/\$104
16533	Tu	Sep 20-Dec 13	7:30pm-8:30pm	\$88/\$104

Instructor: Smith

Location: Twinbrook Community Recreation Center

Yoga - Gentle Hatha with Anna

Learn the spirit of yoga through step-by-step instruction for every fitness level. Practice postures (asanas), correct breathing (pranayama), proper body alignment and yoga compassion and respect (Namaste). Yoga movements offer physical benefits and stress management. Note: Those with injuries should consult a physician prior to registration. Bring a yoga mat, a large towel and water bottle. No class 10/13 & 11/24.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16543	Th	Sep 22-Dec 8	7pm-8:15pm	\$85/\$99

Instructor: Varnavas

Location: Rockville Senior Center

Yoga - Intermediate

The intermediate level class is for physically fit participants or for those with previous experience. More advanced postures will be introduced in a flowing and varied class format. Emphasis is placed upon honoring one's own comfort level and enjoying the postures in body, mind and spirit. New yoga students are usually encouraged to register for Gentle Hatha Yoga. No class 10/4.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16552	Tu	Sep 27-Dec 6	7pm-8:15pm	\$99/\$117

Instructor: Dodson

Location: King Farm Community Room

Yoga for Strength, Wholeness and Health

Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket to class. No class 10/4 & 11/8.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16534	Tu	Sep 20-Dec 6	7pm-8:15pm	\$80/\$94

Instructor: Ruffieux

Location: Elwood Smith Recreation Center and Park

Yoga Gentle Hatha Beginner & Continuing

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat to class. No class 10/13 & 11/24.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16537	Th	Sep 29-Dec 8	7:30pm-8:45pm	\$89/\$105

Instructor: Dodson

Location: Rockville Senior Center

Yoga Made Simple- Beginner & Continuing

Do you want a firm understanding of what goes into each pose? Attention will be paid to the individual postures, to breaking them down and using props to make them accessible for all levels of students. The class will progress to learning to link poses and the breath together in common sequences and to more advanced individual postures. Bring a mat and a blanket to class. No class 10/12.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
16536	W	Sep 21-Nov 16	7pm-8pm	\$64/\$76

Instructor: Steele

Location: Lakewood Elementary School

Adults

Yoga Vinyasa Flow All Levels

Enjoy a meditation-in-motion and heat-building style of yoga that increases strength and flexibility and encourages purification of body and mind. Practice poses and breath through steady and flowing sequences. Note: Class is scheduled at the same time as our Creative Yoga for Kids, #16611. Bring mat to class. No class 10/4.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16598	Tu	Sep 13-Nov 22	4:15pm-5:15pm	\$80/\$94

Instructor: Bowen

Location: Thrive

Yoga-lates

Join us and experience the core strengthening exercises of Pilates combined with Yoga postures. This will give you a terrific energizing workout for both your mind and body. Bring a mat and a towel to class.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
16538	M	Sep 19-Nov 7	12 noon-12:50pm	\$63/\$74

Instructor: Hourihan

Location: King Farm Community Room

Ages: 16+

16597	W	Sep 21-Nov 9	12 noon-12:50pm	\$63/\$74
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Instructor: Hourihan

Location: Twinbrook Community Recreation Center

Sports/Leagues

Basketball - Men's Fall

A competitive recreational men's basketball league is planned for interested adults. Note: Persons participating in a B or higher sanctioned recreation league are considered ineligible for league play in Rockville. For information, call 240-314-8620.

Men's Basketball

Teams will play 10 single games.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16342	W	Sep 14-Nov 16	6pm-10pm	\$500

Location: Twinbrook Community Recreation Center

Softball - Co-Rec Fall

Open to all high school graduates 18 years and older.

Softball: Wednesdays, & Fridays

Reverse Softball Single games: Men must bat opposite their normal stance. Evening games.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16344	W & F	Aug 31-Oct 7	6pm-10pm	\$335

Location: TBA

Softball Men's - Fall

Open to all high school graduates 18 years and older.

C Level Softball: Sun, Mon and Thurs

Men's Doubleheader C Softball League. Sunday morning and afternoon games or Monday/Thursday evening games. 14 games.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16295	Su, M & Th	Aug 28-Dec 1	6pm-10pm	\$595

Location: TBA

D Doubleheaders

Men's Doubleheader D' Softball League - 14 evening games.

Ages: 18+

16294	Tu & Su	Aug 28-Nov 29	6pm-10pm	\$595
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Location: TBA

Modified Softball

Men's Doubleheader - 14 games.

Ages: 18+

16296	Su	Aug 28-Nov 27	9am-12 noon	\$675
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Location: TBA

Volleyball - Fall/Winter Co-Rec

Open to all high school graduates 18 years and older.

B/C league 3, 15 point matches upper and lower division. Fall only.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16359	M	Sep 12-Nov 14	6pm-10pm	\$175

Location: Broome Gym and Athletic Park

Co-Rec Volleyball Fall/Winter

B/C league 3, 15 point matches upper and lower division. Fall/Winter.

Ages: 18+

16360	M	Jan 2-May 15	6pm-10pm	\$340
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Location: Broome Gym and Athletic Park

Run Under The Lights

Every Wednesday night, with the exception of school holidays and school closings due to inclement weather, the lights are turned on at the **Wootton HS** track. Montgomery County Road Runners Club personnel will be there and can help you set up a running or walking program.

Note: Everyone is welcome but ages 16 and under must be accompanied by an adult.

Registration is open every Wed. night at **Wootton High School**. Free.

Dates: 9/14-4/12, Wednesday, 7-8:30 p.m.

**NEW
LOCATION**

Adults

Volleyball - Women's Fall

Open to all high school graduates 18 year or older.

Fall Volleyball: Thursdays

C/D Level Volleyball Upper/Lower Divisions, three 15-point matches, 10 weeks, evening games. Fall only.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16352	Th	Sep 1-Nov 3	6pm-9pm	\$225

Location: Broome Gym and Athletic Park

Fall/Winter Volleyball: Thursdays

C/D Level Volleyball Upper/Lower Divisions, three 15-point matches, 20 weeks, evening games. (Winter starts Jan 5.)

Ages: 18+

16354	Th	Sep 1-Jan 12	6pm-9pm	\$440
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Location: Broome Gym and Athletic Park

Trips

Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of the area's history and folklore while enjoying these outings. The Maryland section of the Appalachian Trail has been divided into sections for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8641.

AT Hike #4 - Route 40 to Reno Monument

This 7 mile hike is over rocky terrain. Along this beautiful ridge you will see the first monument ever erected to George Washington, South Mountain Inn, and the site of a Civil War battle. Register by: 10/5.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
16554	Sa	Oct 15	8am-5pm	\$35/\$45

Depart from: Rockville City Hall

AT Hike #5 - Reno Mt to Gathland

This 6.5 miles is one of the easier of the AT hikes. Travel along the top of South Mountain with occasional views of the spectacular fall foliage. Register by: 11/2.

Ages: 10+

16555	Sa	Nov 12	8am-5pm	\$35/\$45
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Depart from: Rockville City Hall

Biking the North Central Rail Trail

Enjoy a leisurely 20-mile bike ride along this beautiful trail, just north of Baltimore. Start your ride in Ashland, Maryland, and travel over nearly flat terrain to the Mason-Dixon line, where you will end in New Freedom, Pennsylvania. This shaded path of crushed stone follows the Gunpowder River for most of the trip. Cost includes transportation of you and your bike, leadership and map. Register by: 9/12.

All Ages

Course #	Day	Date	Time	Fee (R/NR)
16609	Su	Sep 25	8am-5pm	\$27/\$33

Depart from: Rockville City Hall

Blue Ridge Horseback Ride

The expert guides from Marriott Ranch will lead a 90-minute trail ride in the Blue Ridge Mountains. This trip is for beginner as well as more seasoned equestrians. Enjoy the Fall foliage and meet some new friends along the way. Cost includes transportation leadership, horseback riding and guide. Register by: 10/25

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
16605	Sa	Nov 5	12 noon-6pm	\$53/\$64

Depart from: Rockville City Hall

C&O Canal Bike Series

Bike the entire 184 miles of the C&O Canal from Cumberland to Georgetown in one-day trips. Earn a patch and a certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Don't be fooled, you still must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8641.

C&O #1 - Cumberland to PawPaw Tunnel

This 28-mile stretch begins at the Northern terminus of the C&O Canal in downtown Cumberland and ends at the historic tunnel that took 14 years to build! We will stop for lunch in Oldtown where there is a replica of the original canal barge. The cost includes leadership and transportation of you and your bike. Register by: 9/1.

Ages: 13+

16583	Sa	Sep 10	8am-5pm	\$35/\$45
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Depart from: Rockville City Hall

Adults

Cape May Adventure Weekend

Cape May, New Jersey, is world renowned for its fall bird migration. Shorebirds, hawks, eagles and songbirds all fly along the coast on their southward journey. We'll take the ferry across the Delaware Bay and arrive Friday in time for dinner and an evening bird walk to see rails and falcons. Saturday, take an early morning bird walk along the beach. Midmorning you'll have the option of visiting the Wetlands Institute or exploring charming Cape May on your own. Saturday afternoon and evening will be spent birding with a special bird banding demonstration. Costs include hotel room for two nights, two breakfasts, ferry and tour charges, transportation and leadership. Indicate roommate on registration form. Register by: 9/05.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
16324	F-Su	Sep 16-18	12 noon-3pm	\$280/\$320

Depart from: Croydon Creek Nature Center

Christmas Spectacular at Radio City

Kick off the holiday season by attending the Rockettes' annual Christmas Spectacular at Radio City Music Hall in New York City. Take in the sites of Manhattan before and after the 2 p.m. show. Don't wait to register- this trip will sell out! The cost includes luxury tour bus transportation, admission ticket and leadership. Register by: 11/1.

Ages: 8+

Course #	Day	Date	Time	Fee (R/NR)
16604	Sa	Dec 3	7am-11pm	\$155/\$175

Depart from: Rockville City Hall

Tour of Ladew Gardens

Enjoy a guided tour through the Manor House with its many antiques and fox hunting memorabilia. There will be plenty of time to wonder through the many unique gardens, and explore Ladew's 1.5-mile Nature Walk. Note: Transportation, leadership admission and tour are included. Register by: 10/06

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
17009	Sa	Oct 22	8am-6pm	\$40/\$48

Depart from: Croydon Creek Nature Center

Map and Compass Skills

Whether you are going hiking, boating, fishing or hunting; you should always know how to get where you want to go. And even more important, how to return. This one half day program at Fountain Rock Park in Frederick will teach you the basics of how to read a map and use a compass. Then refine your skills as we hike around the park. Cost includes equipment, instruction, and transportation. Register by: 10/13

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
16606	Su	Oct 23	12 noon-5 pm	\$23/\$28

Depart from: Croydon Creek Nature Center

South into Virginia

Hike #4 in this series of hikes along the Appalachian Trail in Virginia is 7 miles of moderate to difficult terrain with a 1500 foot total gain in elevation. This challenging hike snakes along the west side of the ridge through a succession of hollows and over numerous side-ridges. With the leaves off the trees, the views will be breathtaking. Cost includes transportation and leadership. Register by: 11/22.

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
16607	Su	Dec 4	8am-3pm	\$35/\$45

Depart from: Rockville City Hall

Women on the Move

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are offered geared to novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641.

Evening Paddle on the Potomac

Paddle into the sunset at Jack's Boat under the Key Bridge in Georgetown. A one-hour leisurely trip around Roosevelt Island will work up an appetite for a dinner in Georgetown. Cost includes transportation, leadership and canoe or kayak rental. Dinner is on your own. Register by: 9/2.

Ages: 30+

Course #	Day	Date	Time	Fee (R/NR)
16575	F	Sep 16	5pm-10pm	\$30/\$38

Depart from: Rockville City Hall

Girlz on the Greenz

Whether you are a beginner or trying to improve your skills, this is your day. Beginners will spend the morning in a group lesson with Rita, the female golf Pro at Cacapon State Park, while the experienced golfers play 9 holes. After lunch you can play another 9 holes of golf, go for a hike or head into Berkeley Springs for some Antiquing. Cost includes transportation, leadership, lunch and 9 holes of golf or golf lessons. Afternoon activities are on your own. Register by: 9/20.

Ages: 30+

Course #	Day	Date	Time	Fee (R/NR)
16574	Sa	Oct 1	9am-4pm	\$72/\$86

Depart from: Rockville City Hall